Topics for Discussion

- The Risk Factors for Heart Disease
- The Heart Healthy diet
- Modifying Recipes
- Eating Out and Takeaways
- Reading Food Labels
- Food Myths
Risk Factors for Heart Disease

Risk factors you can’t change

- Age
- Male/Female
- Family History
- Socio-economics
Risk Factors for Heart Disease

Risk factors you can change

- Carrying excess weight
- High blood pressure
- High blood cholesterol
- Smoking
- Physical Inactivity
- Stress

Diabetes management:
If you have diabetes keep blood sugar levels in the normal range

Alcohol intake:
Follow the alcohol intake guidelines
Healthy Weight Range

* Body Mass Index (BMI) = \( \frac{\text{Weight (kg)}}{\text{Height}^2 \text{ (metres)}} \)
<table>
<thead>
<tr>
<th></th>
<th>Health is at risk</th>
<th>Health is at HIGH risk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td>&gt;94cm (37in)</td>
<td>&gt;102cm (40in)</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td>&gt;80cm (31½ in)</td>
<td>&gt;88cm (34½ in)</td>
</tr>
</tbody>
</table>
Healthy Heart Diet

**High in**
- Antioxidants
- Dietary fibre

**Moderate in**
- Good fats

**Low in**
- Saturated fat
- Trans fat
- Added sugars
- Salt
## Breads and Cereals

### Daily Intake:

A standard serve is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- 2/3 cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone

<table>
<thead>
<tr>
<th>Age</th>
<th>Serves</th>
</tr>
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<tbody>
<tr>
<td><strong>Men</strong></td>
<td></td>
</tr>
<tr>
<td>19-50</td>
<td>6</td>
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<tr>
<td>51-70</td>
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<td>70+</td>
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<td><strong>Women</strong></td>
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<tr>
<td>70+</td>
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Choose mostly wholegrain and/or high fibre cereal varieties
**Vegetables**

**Daily Intake:**

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Men</td>
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<td>6</td>
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<tr>
<td></td>
<td>51-70</td>
<td>5 ½</td>
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<tr>
<td></td>
<td>70+</td>
<td>5</td>
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</tbody>
</table>

A *standard serve is:*
- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

*Choose a variety of different colours everyday*

*Keep skins and peels on for extra fibre*

*With canned varieties, chose those with no added salt*
# Fruit

## Daily Intake:

<table>
<thead>
<tr>
<th>Age</th>
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<tbody>
<tr>
<td>Men</td>
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<tr>
<td>19-50</td>
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<tr>
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<tr>
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</table>

**A standard serve is:**
- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

**Or only occasionally:**
- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)

*Choose whole fruit for extra fibre.*
How to eat more fruit and vegetables

- Include salad vegetables on sandwiches or rolls
- Have fresh or tinned fruit as snacks
- Add fruit to breakfast cereal
- Make plant based foods the main part of each meal
- Add vegetables into meals
e.g. Grate carrot & zucchini or add lentils into bolognese
- Try a vegetarian meal once or twice a week
e.g. use chickpeas or kidney beans
### Meats and Alternatives

**Daily Intake:**

A standard serve is:
- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

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</table>

*Trim visible fat from meat.*
*Choose canned beans/legumes with no added salt.*
Daily Intake:

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<tr>
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</tr>
<tr>
<td>70+</td>
<td>4</td>
</tr>
</tbody>
</table>

A standard serve is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

Choose mostly reduced fat varieties.
Go easy on Alcohol

No more than two standard drinks on any day

More than four standard drinks on a single occasion increases risk of alcohol related injury

Each of these is one standard drink = 10 grams of pure alcohol
What is dietary fat?

Dietary fat

- Saturated
  - Trans

- Unsaturated
  - Polyunsaturated (PUFA)
    - Omega-6 PUFA
    - Omega-3 PUFA
      - Plant Omega-3
      - Marine Omega-3
  - Monounsaturated
    - Sterols
    - Dietary cholesterol
    - Phytosterols

Sterols

Omega-6 PUFA

Omega-3 PUFA

Plant Omega-3

Marine Omega-3
What is Cholesterol?

- **LDL (‘BAD’) Cholesterol**
  Can block blood vessels

- **HDL (‘Good’) Cholesterol**
  Protects against heart disease

- **Triglycerides**
  High levels may ↑ risk of heart disease

Dietary cholesterol can increase blood cholesterol but not as much as saturated fat.
Saturated fat

**Usually found in animal products**

- Raise blood cholesterol
- Should be avoided

Found in:
- Fatty meats, pies, pastries
- Fried foods, takeaway foods
- Full fat dairy products, butter, cream
Types of Fats in Foods

Trans fat

- Acts like saturated ("bad") fat in the body
- Formed during the hydrogenation process
- Reducing the amount of saturated fat in your diet will reduce the amount of Trans fats as well

‘In Australia hydrogenation is no longer used, margarines and polyunsaturated oils in the supermarket contain negligible amounts of trans fats.’

The Heart Foundation 2013
Types of Fats in Foods

Unsaturated Fats

Monounsaturated Fat

*May assist in reducing LDL (bad) cholesterol*

Found in:
- Avocado
- Almond, peanut and cashew nuts
- Extra virgin olive oil
- Oil spreads
Types of Fats in Foods

Unsaturated Fats

Polyunsaturated Fat

May assist in reducing LDL (bad) cholesterol and increasing HDL (good) cholesterol

Found in:
- Oily fish and seafood (e.g. salmon, sardines, tuna, mussels)
- Sunflower, canola, soybean and grapeseed oil and oil spreads
- Soybeans and soy milk
- Chia, flaxseed and sunflower seeds
- Omega 3 enriched foods
Types of Fats in Foods

**Omega 3 (Fish)**

Eat **two-three serves of fish, including oily fish (canned sardines, atlantic salmon, canned tuna) each week** to reduce risk of heart disease.

**Omega 3 (Plant)**

Nuts and seeds, particularly walnuts and flaxseeds (linseeds), oils or spreads made from soybeans and canola.
Types of Fats in Foods

Plant Sterols (Phytosterols)

*May assist in reducing LDL (bad) cholesterol*

- Plant sterols are a naturally occurring part of all plants
- Plant sterol enriched foods are foods which have had plant sterols added to them. Plant sterols are added to certain: Margarine, breakfast cereals and reduced fat milk and yoghurt
- Consume 2–3 g per day to help lower LDL cholesterol levels
- Phytosterols can reduce levels of beta-carotene in our blood. To replace this, consume at least one daily serve of fruit or vegetable high in beta-carotene such as: carrots, pumpkin, broccoli, spinach, squash, apricots and mangoes.
Ways to include heart healthy fats

- Choose foods that are grilled, baked or steamed, not fried

- Limit fatty meats like sausages and delicatessen meats e.g. Salami and prosciutto
Ways to include heart healthy fats

- Margarine or avocado not butter
- Heart Healthy Oils for cooking
- Choose Omega 3 enriched products
- Nuts as snacks or on breakfast cereal or in salads
- Add Chia seeds or Flaxseeds to breakfast cereal or smoothies
- Fish 2-3 times a week
- Choose Soy and Linseed bread
Oils in cooking

- Polyunsaturated oils can become unstable and breakdown when heated, forming unhealthy saturated or trans fats. They are best used in dressings or in lower temperature cooking
  - e.g. flaxseed/linseed, walnut and extra virgin olive oil

- Oils high in monounsaturated fats are a better choice for high temperature cooking as they can reach higher “smoking points”
  - e.g. Canola, rice bran, avocado, macadamia, peanut and light olive oils

- Avoid re-using oils as this can destroy nutrients and make oils breakdown, forming unhealthy saturated and trans fats
To reduce salt intake, eat more fresh and unprocessed foods.
Tips to decrease salt intake

- Choose fresh foods or foods labelled ‘no added salt’, ‘low salt’ and ‘salt reduced’
- Include plenty of fruit and vegetables
- Use herbs, spices, garlic, lemon etc.
- Avoid adding salt to cooking and at the table
- Avoid highly salted foods
- Choose Heart Foundation tick products
### NUTRITION INFORMATION

<table>
<thead>
<tr>
<th></th>
<th>PER 33g serve</th>
<th>PER 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SERVINGS PER PACKAGE: 6</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SERVING SIZE: 33g (1 BAR)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ENERGY</strong></td>
<td>532kJ</td>
<td>1592kJ</td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td>1.9g</td>
<td>5.8g</td>
</tr>
<tr>
<td><strong>FAT, total</strong></td>
<td>&lt;1g</td>
<td>1.1g</td>
</tr>
<tr>
<td>- saturated</td>
<td>&lt;1g</td>
<td>&lt;1g</td>
</tr>
<tr>
<td><strong>CARBOHYDRATE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- TOTAL</td>
<td>28.5g</td>
<td>85.4g</td>
</tr>
<tr>
<td>- SUGARS</td>
<td>10.8g</td>
<td>32.2g</td>
</tr>
<tr>
<td><strong>DIETARY FIBRE</strong></td>
<td>1.2g</td>
<td>3.7g</td>
</tr>
<tr>
<td><strong>SODIUM</strong></td>
<td>29mg</td>
<td>86mg</td>
</tr>
</tbody>
</table>

*Look for 100gram column*

*Saturated fat*

*Salt*

**Know what you are eating!**

**Read the LABEL**
A good choice has:

- Less than **3g** saturated fat per 100g food
- Less than **10g** of total fat per 100g food

For salt (sodium):

- Less than **120mg** sodium per 100g is best
- Less than **400mg** sodium per 100g as a guide for processed foods
Label reading – Health Star Rating

What is the Health Star Rating?
- A guide to assist consumers to make healthier food choices when buying packaged foods.

What do the Stars Mean?
- The star rating ranges from ½ to 5.
- The more stars, the more nutritious the food product.

How are the stars calculated?
- It is based on the food products components such as energy, saturated fat, total sugars, sodium, protein, dietary fibre, fruit, vegetable, nut and legume content.
Label reading – Using Apps

**FOODSWITCH**
- Scan barcode of food products to receive a list of similar products that are a healthier choice.
- Can select different modes depending on what nutrients you are looking at eg. Salt

**CALORIE KING - CONTROL MY WEIGHT APP**
- Monitor daily calorie intake.
- Nutrition information.
- Track your weight and progress towards your individual goals.

**MY HEART, MY LIFE**
- Heart Foundation app.
- Monitor weight, BMI, waist circumference.
- Healthy recipe ideas
Putting it all together - Heart Healthy Meals

1/2 non-starchy vegetables

1/4 meat, fish, chicken, alternative

1/4 potato, rice, pasta
Heart Healthy Snacks

- Fruit
- Low fat yoghurt
- Nuts
- Air popped corn
- Wholegrain crackers
- Vegetable pieces with hummus
## Recipe Modification

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Choose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✗ Cream</td>
<td>✓ Reduced fat Evaporated Milk or reduced fat ricotta or reduced fat milk</td>
</tr>
<tr>
<td>✗ Sour Cream</td>
<td>✓ Reduced fat plain or greek yoghurt</td>
</tr>
<tr>
<td>✗ Coconut Cream</td>
<td>✓ Evaporated milk with added coconut essence or evaporated light coconut milk</td>
</tr>
<tr>
<td>✗ Full Fat Cheese</td>
<td>✓ Reduced fat varieties</td>
</tr>
<tr>
<td>✗ Pastry</td>
<td>✓ Pastry made using healthier oils or Filo pastry</td>
</tr>
<tr>
<td>✗ Butter, Lard, Ghee</td>
<td>✓ Olive, Sunflower or Canola oil</td>
</tr>
</tbody>
</table>

Try adding extra vegetables or legumes to meals.
## Takeaway foods

<table>
<thead>
<tr>
<th><strong>Healthier options</strong></th>
<th><strong>Try to avoid</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Sushi or sashimi</td>
<td>× Pastries and pies</td>
</tr>
<tr>
<td>✓ Tomato based curries (ie. Vindaloo, tandoori or madras)</td>
<td>× Curries made with coconut cream (ie. Korma, butter chicken) with naan bread</td>
</tr>
<tr>
<td>✓ Thin and crispy base pizza with vegetables and lean meat</td>
<td>× Thick based pizza with cheese and processed meats (ie. ham, salami, bacon)</td>
</tr>
<tr>
<td>✓ BBQ chicken without skin and salad</td>
<td>× Hamburgers with the lot and chips</td>
</tr>
<tr>
<td>✓ Grilled steak or chicken burger with salad</td>
<td>× Deep fried chicken and chips</td>
</tr>
<tr>
<td>✓ Grilled fish, baked potato and salad</td>
<td>× Fried, battered or crumbed fish and hot chips</td>
</tr>
<tr>
<td>✓ Pasta with tomato based sauce (ie. bolognaise) and bruschetta</td>
<td>× Pasta in cream based sauces (ie. Carbonara) and garlic bread</td>
</tr>
</tbody>
</table>

*Try to limit takeaways to once per week*
Coconut oil is made up of 85-90% saturated fat. Saturated fat increases total cholesterol and LDL (bad) cholesterol, and thus increases the risk of heart disease.

At this point in time, the Heart Foundation does NOT recommend using coconut oil.
“The dietary cholesterol found in eggs will increase my blood cholesterol.”

False!

Cholesterol in food, such as eggs, has only a small effect on LDL cholesterol. Saturated and trans fats in food causes a much greater increase in LDL cholesterol. You can eat up to 6 eggs per week without increasing your risk of heart disease.
Myth Busters

“Butter is healthier for me than margarine”

False!

Butter is around 50% saturated fat – that’s the unhealthy fat that raises our cholesterol levels. Margarine is a much healthier choice because it has a maximum of only 20% saturated fat.
“The Paleo diet is healthy and will help me lose weight once and for all”

**False!**

The Paleo diet is based on vegetables, fruit, nuts, roots and meat. While these foods are healthy, the diet excludes grain foods (breads and cereals) which are an important source of energy and fibre, and dairy foods which provide calcium, vitamins and minerals.

By following the Paleo diet, you may be missing out on important nutrients. Even if you lose weight in the short term, diets that are too restrictive (ie. cut out whole food groups), are often too hard to follow ongoing. For long-term sustainable weight loss, the Dietitians Association of Australia recommends following the Australian Dietary Guidelines.
“I should eat dark chocolate, and drink red wine to reduce my risk of heart disease, because they contain antioxidants”

False!

Whilst there is evidence to suggest antioxidants found in foods can contribute to reducing heart disease, dark chocolate and red wine are not good sources for heart health.
# Antioxidants for the heart

<table>
<thead>
<tr>
<th>Antioxidant source</th>
<th>Good choice for heart health</th>
<th>Recommendation as per the Heart Foundation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits and vegetables</td>
<td><strong>True</strong></td>
<td>Eat 2 serves of fruit, and 5 serves of vegetables per day.</td>
</tr>
<tr>
<td>Tea</td>
<td><strong>True</strong></td>
<td>Black or green tea made with leaves or tea bags. (May add reduced, low or no fat milk).</td>
</tr>
<tr>
<td>Coffee</td>
<td><strong>True</strong></td>
<td>People who already drink coffee, should drink less than 5 cups per day of instant, paper-filtered, percolated, or café-style coffee in preference to boiled or plunger coffee.</td>
</tr>
<tr>
<td>Raw cocoa powder</td>
<td><strong>True</strong></td>
<td>Use raw cocoa powder in drinks and cooking.</td>
</tr>
<tr>
<td>Dark chocolate</td>
<td><strong>False</strong></td>
<td>Most commercial chocolate will be a poor source of antioxidants.</td>
</tr>
<tr>
<td>Red Wine</td>
<td><strong>False</strong></td>
<td>The amount of alcohol has more impact on cardiovascular health than the type of alcohol consumed. People who already drink, should consume no more than two standard drinks per day.</td>
</tr>
<tr>
<td>Antioxidant supplements</td>
<td><strong>False</strong></td>
<td>Combination or individual antioxidant supplement are not recommended for the prevention of cardiovascular disease.</td>
</tr>
</tbody>
</table>
Questions?
Further Resources

Dietitians Association of Australia (DAA)
www.daa.asn.au

Heart Foundation - “My Heart, My Life”
www.heartfoundation.org.au


Baker IDI resources
References

National Heart Foundation:
Position statements

• Position statement: Eating for heart health (PDF)
• Position statement: Dietary Fats (PDF)
• Position statement: Salt (PDF)
• Position statement: Fish & Seafood (PDF)
• Position statement: Phytosterol/stanol enriched foods (PDF)
• Position statement: Antioxidants in food, drinks and supplements for cardiovascular health (PDF)
References

Q&A Dietary fats, dietary cholesterol and heart health:

Coconut Oil:

Paleo:

Health Star Rating: